WHAT IS CLAIMED IS:

- 1. A cushioning device for a footwear, comprising:
 - a) a chamber including a magnetically responsive fluid; and
 - b) a magnetic member for applying a magnetic field to said fluid thereby varying the viscosity thereof.
- 2. The cushioning device of Claim 1, wherein:
 - a) the viscosity of said fluid is greater than the viscosity of a fluid selected from the group consisting of water, glycerine, hydraulic oil, and mineral oil.
- 3. The cushioning device of Claim 1, further comprising:
 - a) a weight sensor for determining the weight of a user of a footwear.
- 4. The cushioning device of Claim 1, further comprising:
 - a) a movement sensor for determining the movement of a footwear.

- 5. The cushioning device of Claim 3, further comprising:
 - a) a control unit for receiving information from said weight sensor and relaying a signal to said magnetic member to apply a magnetic field.
- 6. The cushioning device of Claim 1, wherein:
 - a) said fluid comprises core particles of a magnetic material.
- 7. The cushioning device of Claim 6, wherein:
 - a plurality of said core particles are attracted to form a magnetically connected structure when a magnetic field is applied to said fluid.
- 8. The cushioning device of Claim 7, wherein:
 - a) said structure comprises generally rectilinear or bent configuration.
- 9. The cushioning device of Claim 6, wherein:
 - a) said core particles comprise coated particles.

- 10. The cushioning device of Claim 6, wherein:
 - a) said core particles have an average diameter of about 1 $\,$ nm to 100 μ m.
- 11. The cushioning device of Claim 10, wherein:
 - a) said core particles have an average diameter of about 1
 nm to 10 μm.
- 12. The cushioning device of Claim 11, wherein:
 - a) said core particles have an average diameter of about 10 nm to 5 μ m.
- 13. The cushioning device of Claim 6, wherein:
 - a) said magnetic material is selected from the group consisting of iron, iron oxide, cobalt, cobalt oxide, nickel, nickel oxide, an alloy, and a combination thereof.
- 14. The cushioning device of Claim 6, wherein:
 - a) said core particles comprise a coating of a surfactant.

- 15. The cushioning device of Claim 14, wherein:
 - a) said surfactant is selected from the group consisting of polyethylene glycol, lecithin, oleic acid, Surfynol[®], and a combination thereof.
- 16. The cushioning device of Claim 6, wherein:
 - a) said core particles comprise a coating selected from the group consisting of a ceramic material, a metallic material, a polymer material, and a combination thereof.
- 17. The cushioning device of Claim 16, wherein:
 - a) the coating is selected from the group consisting of silica, gold, silver, platinum, steel, cobalt, carbon, polyethylene glycol, polystyrene, dextran, and a combination thereof.
- 18. The cushioning device of Claim 6, wherein:
 - said core particles comprise first and second successive coatings.

- 19. The cushioning device of Claim 6, wherein:
 - a) said first coating comprises a coating of a surfactant; and
 - b) said second coating comprises a coating of a material selected from the group consisting of a ceramic material, a metallic material, a polymer material, and a combination thereof.
- 20. The cushioning device of Claim 19, wherein:
 - a) said surfactant is selected from the group consisting of polyethylene glycol, lecithin, oleic acid, Surfynol[®], and a combination thereof.
- 21. The cushioning device of Claim 20, wherein:
 - a) said second coating is selected from the group consisting of silica, gold, silver, platinum, steel, cobalt, carbon, polyethylene glycol, polystyrene, dextran, and a combination thereof.
- 22. The cushioning device of Claim 10, wherein:
 - a) said core particles are coated with a surfactant and dispersed in a carrier fluid.

- 23. The cushioning device of Claim 22, wherein:
 - a) said carrier fluid comprises a water-based or an oil-based carrier fluid.
- 24. The cushioning device of Claim 22, wherein:
 - said carrier fluid is selected from the group consisting of water, hydraulic oil, mineral oil, silicone oil, biodegradable oil, and a combination thereof.
- 25. The cushioning device of Claim 22, wherein:
 - a) the fraction of said core particles is about 1-95%.
- 26. The cushioning device of Claim 10, wherein:
 - a) said core particles comprise a general shape selected from the group consisting of spherical, needle-like, cubic, irregular, cylindrical, diamond, oval, and a combination thereof.
- 27. A sole for a footwear, comprising:
 - a) a chamber including a magnetically responsive fluid;
 - b) a magnetic member for applying a magnetic field to said fluid thereby varying the viscosity thereof; and

c) a control unit for relaying a signal to said magnetic member to apply a magnetic field.

28. The sole of Claim 1, wherein:

- a) the viscosity of said fluid is greater that the viscosity of a fluid selected from the group consisting of water, glycerine, hydraulic oil, and mineral oil.
- 29. The sole of Claim 27, further comprising:
 - a) a weight sensor for determining the weight of a user of a footwear.
- 30. The sole of Claim 27, further comprising:
 - a movement sensor for determining the movement of a footwear.
- 31. The sole of Claim 29, wherein:
 - a) said control unit receives information from said weight sensor for relaying a signal to said magnetic member to apply a magnetic field.

- 32. The sole of Claim 31, wherein:
 - the strength of a magnetic field applied by said magnetic member is proportional to the weight of a user.
- 33. The sole of Claim 27, wherein:
 - a) said fluid comprises core particles of a magnetic material.
- 34. The sole of Claim 33, wherein:
 - a plurality of said core particles form a magnetically connected structure when a magnetic field is applied to said fluid.
- 35. The sole of Claim 34, wherein:
 - a) said structure comprises a generally rectilinear or bent configuration.
- 36. The sole of Claim 35, wherein:
 - a) said structure is oriented in a generally vertical direction.
- 37. The sole of Claim 27, wherein:
 - a) the sole comprises toe and heel portions each including one said chamber.

- 38. The sole of Claim 37, wherein:
 - a) each of said toe and heel portions includes one said magnetic member.
- 39. The sole of Claim 38, wherein:
 - a) the strengths of the magnetic fields applied by the magnetic members of said toe and heel portions may be substantially the same or different.
- 40. The sole of Claim 38, wherein:
 - the magnetic members of said toe and heel portions apply magnetic fields substantially simultaneously or at different times.
- 41. The sole of Claim 33, wherein:
 - a) said core particles comprise coated particles.
- 42. The sole of Claim 33, wherein:
 - a) said core particles have an average diameter of about 1 nm to 100 µm.

- 43. The sole of Claim 42, wherein:
 - said core particles have an average diameter of about 1
 nm to 10 μm.
- 44. The sole of Claim 43, wherein:
 - a) said core particles have an average diameter of about 10 nm to 5 µm.
- 45. The sole of Claim 33, wherein:
 - a) said magnetic material is selected from the group consisting of iron, iron oxide, cobalt, cobalt oxide, nickel, nickel oxide, an alloy, and a combination thereof.
- 46. The sole of Claim 33, wherein:
 - a) said core particles comprise a coating of a surfactant.
- 47. The sole of Claim 46, wherein:
 - a) said surfactant is selected from the group consisting of polyethylene glycol, lecithin, oleic acid, Surfynol[®], and a combination thereof.

48. The sole of Claim 33, wherein:

a) said core particles comprise a coating selected from the group consisting of a ceramic material, a metallic material,
 a polymer material, and a combination thereof.

49. The sole of Claim 48, wherein:

a) the coating is selected from the group consisting of silica, gold, silver, platinum, steel, cobalt, carbon, polyethylene glycol, polystyrene, dextran, and a combination thereof.

50. The sole of Claim 33, wherein:

 said core particles comprise first and second successive coatings.

51. The sole of Claim 50, wherein:

- a) said first coating comprises a coating of a surfactant; and
- b) said second coating comprises a coating of a material selected from the group consisting of a ceramic material, a metallic material, a polymer material, and a combination thereof.

- 52. The sole of Claim 51, wherein:
 - a) said surfactant is selected from the group consisting of polyethylene glycol, lecithin, oleic acid, Surfynol[®], and a combination thereof.
- 53. The sole of Claim 52, wherein:
 - a) said second coating is selected from the group consisting of silica, gold, silver, platinum, steel, cobalt, carbon, polyethylene glycol, polystyrene, dextran, and a combination thereof.
- 54. The sole of Claim 42, wherein:
 - a) said core particles are coated with a surfactant and dispersed in a carrier fluid.
- 55. The sole of Claim 54, wherein:
 - said carrier fluid comprises a water-based or an oil-based carrier fluid.

56. The sole of Claim 54, wherein:

 said carrier fluid is selected from the group consisting of water, hydraulic oil, mineral oil, silicone oil, biodegradable oil, and a combination thereof.

57. The sole of Claim 54, wherein:

a) the fraction of said core particles is about 1-95%.

58. The sole of Claim 42, wherein:

a) said core particles comprise a general shape selected from the group consisting of spherical, needle-like, cubic, irregular, cylindrical, diamond, oval, and a combination thereof.

59. A sole for a footwear, comprising:

- a) a chamber including a magnetically responsive fluid;
- an electromagnet for applying a magnetic field to said fluid
 thereby varying the viscosity thereof;
- a movement sensor for determining the movement of a footwear;
- a weight sensor for determining the weight of a user of a footwear; and

e) a control unit for receiving information from one of said movement and weight sensors and relaying a signal to said electromagnet for applying a magnetic field.

60. The sole of Claim 59, wherein:

a) the viscosity of said fluid is greater than the viscosity of a fluid selected from the group consisting of water, glycerine, hydraulic oil, and mineral oil.

61. The sole of Claim 59, wherein:

 the strength of a magnetic field applied by said magnetic member is proportional to the weight of a user.

62. The sole of Claim 59, wherein:

a) said fluid comprises core particles of a magnetic material.

63. The sole of Claim 62, wherein:

a) a plurality of said core particles form a magnetically connected structure when a magnetic field is applied to said fluid.

- 64. The sole of Claim 63, wherein:
 - said structure comprises a generally rectilinear or bent configuration.
- 65. The sole of Claim 64, wherein:
 - a) said structure is oriented in a generally vertical direction.
- 66. The sole of Claim 59, wherein:
 - the sole comprises toe and heel portions each including one said chamber.
- 67. The sole of Claim 66, wherein:
 - each of said toe and heel portions includes one said magnetic member.
- 68. The sole of Claim 67, wherein:
 - a) the strengths of the magnetic fields applied by the magnetic members of said toe and heel portions may be substantially the same or different.

- 69. The sole of Claim 67, wherein:
 - a) the magnetic members of said toe and heel portions apply magnetic fields substantially simultaneously or at different times.
- 70. The sole of Claim 62, wherein:
 - a) said core particles comprise coated particles.
- 71. The sole of Claim 62, wherein:
 - a) said core particles have an average diameter of about 1 nm to 100 µm.
- 72. The sole of Claim 71, wherein:
 - a) said core particles have an average diameter of about 1 nm to 10 μ m.
- 73. The sole of Claim 72, wherein:
 - a) said core particles have an average diameter of about 10 nm to 5 μm.

74. The sole of Claim 62, wherein:

a) said magnetic material is selected from the group consisting of iron, iron oxide, cobalt, cobalt oxide, nickel, nickel oxide, an alloy, and a combination thereof.

75. The sole of Claim 62, wherein:

a) said core particles comprise a coating of a surfactant.

76. The sole of Claim 75, wherein:

a) said surfactant is selected from the group consisting of polyethylene glycol, lecithin, oleic acid, Surfynol®, and a combination thereof.

77. The sole of Claim 62, wherein:

 a) said core particles comprise a coating selected from the group consisting of a ceramic material, a metallic material, a polymer material, and a combination thereof.

78. The sole of Claim 77, wherein:

a) the coating is selected from the group consisting of silica, gold, silver, platinum, steel, cobalt, carbon, polyethylene glycol, polystyrene, dextran, and a combination thereof.

- 79. The sole of Claim 62, wherein:
 - said core particles comprise first and second successive coatings.
- 80. The sole of Claim 79, wherein:
 - a) said first coating comprises a coating of a surfactant; and
 - b) said second coating comprises a coating of a material selected from the group consisting of a ceramic material, a metallic material, a polymer material, and a combination thereof.
- 81. The sole of Claim 80, wherein:
 - a) said surfactant is selected from the group consisting of polyethylene glycol, lecithin, oleic acid, Surfynol[®], and a combination thereof.
- 82. The sole of Claim 81, wherein:
 - a) said second coating is selected from the group consisting of silica, gold, silver, platinum, steel, cobalt, carbon, polyethylene glycol, polystyrene, dextran, and a combination thereof.

- 83. The sole of Claim 71, wherein:
 - a) said core particles are coated with a surfactant and dispersed in a carrier fluid.
- 84. The sole of Claim 83, wherein:
 - a) said carrier fluid comprises a water-based or an oil-based carrier fluid.
- 85. The sole of Claim 83, wherein:
 - said carrier fluid is selected from the group consisting of water, hydraulic oil, mineral oil, silicone oil, biodegradable oil, and a combination thereof.
- 86. The sole of Claim 83, wherein:
 - a) the fraction of said core particles is about 1-95%.
- 87. The sole of Claim 71, wherein:
 - a) said core particles comprise a general shape selected from the group consisting of spherical, needle-like, cubic, irregular, cylindrical, diamond, oval, and a combination thereof.

- 88. The cushioning device of Claim 4, further comprising:
 - a) a control unit for receiving information from said movement sensor and relaying a signal to said magnetic member to apply a magnetic field.
- 89. The sole of Claim 30, wherein:
 - a) said control unit receives information from said movement sensor for relaying a signal to said magnetic member to apply a magnetic field.
- 90. The sole of Claim 89, wherein:
 - a) the strength of a magnetic field applied by said magnetic member depends on a type of movement detected by said movement sensor.
- 91. The sole of Claim 90, wherein:
 - a) the type of movement is selected from the group consisting of walking, brisk walking, jogging, running, jumping, stepping, and skipping.

- 92. The sole of Claim 59, wherein:
 - said control unit receives information from both of said movement and weight sensors.
- 93. The sole of Claim 59, wherein:
 - a) the strength of a magnetic field applied by said magnetic member depends on a type of movement detected by said movement sensor.
- 94. The sole of Claim 93, wherein:
 - a) the type of movement is selected from the group consisting of walking, brisk walking, jogging, running, jumping, stepping, and skipping.
- 95. The cushioning device of Claim 10, wherein:
 - a) said core particles comprise a plurality of groups of particles having different average diameters.
- 96. The sole of Claim 42, wherein:
 - a) said core particles comprise a plurality of groups of particles having different average diameters.

- 97. The sole of Claim 71, wherein:
 - a) said core particles comprise a plurality of groups of particles having different average diameters.
- 98. A method of varying the shock absorbing capacity of a footwear cushioning device, comprising:
 - a) providing a cushioning device, comprising:
 - i. a chamber including a magnetically responsive fluid; and
 - ii. a magnetic member for applying a magnetic field to the fluid;
 - applying a magnetic field to the fluid based on an input to thereby vary the viscosity of the fluid; and
 - c) whereby a change in viscosity of the magnetic fluid changes the shock absorbing capacity of the cushioning device.
- 99. The method of Claim 98, wherein:

the input in step b) comprises weight data for a user received from a weight sensor.

100. The method of Claim 98, wherein:

the input in step b) comprises movement data for a footwear received from a movement sensor.